

-- WEEKDAYS 7:30 – 2.30 --      ALL DAY MENU      -- WEEKENDS 8:00 – 5.00 --

**LP BREAKFAST/** THREE MILLS SOURDOUGH, EGGS YOUR WAY, WILD MUSHROOM MEDLEY, BOXGUM HAM, AVOCADO SMASH, LP CHUTNEY -24- (GF OPTION AVAILABLE)  
**ADD: OVERNIGHT TOMATO, PANGRITATA & KALE PESTO -5-**

**GREEN BREAKFAST/** THREE MILLS SOURDOUGH, EGGS YOUR WAY, BROCCOLINI + PINE NUTS +MISO, KALE & ALMONDS, AVOCADO SMASH -20- (GF OPTION AVAILABLE) (VG)  
**ADD: MEREDITH VALLEY GOATS CHEVRE -3.5-**

**SALMON ON RYE/** SALMON, HORSERADISH + CHIVE LABNA, RADISH, SAUERKRAUT, FREE RANGE POACHED EGGS, MIXED HERBS, SALMON ROE, WHEAT & RYE TOAST, CRANBERRY CHUTNEY -23- (GF OPTION AVAILABLE)  
**ADD: AVOCADO SMASH, SEEDS + SPROUTED LENTILS -4.5-**

**MILLET PORRIDGE/** HULLED MILLET, CASHEW CREAM, MIXED BERRIES, FIG, SEED + NUT CRUMBLE, TAHINI CARAMEL, LEMON BALM - 16 – (GF) (V)

**FRUIT & NUT WAFFLE/** GF WAFFLES, CARAMELISED BANANA, PICKLED RHUBARB, ORANGE, STRAWBERRIES, PERSIMMON, PEAR +GINGER COMPOTE, BAKLAVA NUT SYRUP, MINT -20- (GF) (V)

***BUILD YOUR OWN BREAKFAST/***

*'THREE MILLS' GRAIN SOURDOUGH WITH IN-HOUSE BUTTER -8-*

*HOUSE MADE JAM / NATURAL PEANUT BUTTER/ HONEY/ VEGEMITE -0.5-*

*'HILLTOPS' FREE RANGE EGG -2.5-*

*MEREDITH VALLEY GOATS CHEVRE -3.5-*

*AVOCADO SMASH, SEEDS + SPROUTING LENTILS -4.5-*

*OVERNIGHT TOMATO, PANGRITATA, KALE PESTO -5-*

*BROCCOLINI, PINE NUTS, MISO & FURIKAKE -6-*

*SAUTÉED KALE & ALMONDS -4.5-*

*MUSHROOM MEDLEY, MIXED HERBS, SEEDS – 5 -*

*FENNEL CURED SALMON -5-*

*FREE RANGE 'BOX GUM' HAM -5-*

*We are happy to accommodate any dietary requests. Most of our meals can be altered to be Dairy free (DF), Vegetarian (VG), Vegan (V) & Gluten free (GF).*

**BREAKFAST BUN/** THREE MILLS WHOLEMEAL BUN, FREE RANGE FRIED EGGS, BOXGUM HAM, PIPERADE, LP SALAD -14-

**DAAL BOWL/** SPLIT CHICKPEAS + MUNGBEAN DAAL, CAULIFLOWER + QUINOA RICE, AND A TRADITIONAL INDIAN SALAD (TOMATO, ONION, CAPSICUM, CUCUMBER, POMEGRANATE, BANANA CHIPS, DRIED CHICKPEAS, CHILLI, MINT, DATE DRESSING, CORIANDER) – 25- (V) (GF)

**KANGAROO SALAD/** KANGAROO LOIN, LEMON MYRTLE SPICED PUMPKIN, HERBED ZUCCHINI SALSA, BEETROOT PUREE, SAVOURY GRANOLA, GARDEN SALAD -28- (GF)

**ROAST CHICKEN SALAD/** FREE RANGE CHICKEN, COS LETTUCE, SALT-ROASTED CARROTS, CELERY, GRAPES, MOGRABIEH, HERBED BUTTERMILK + CASHEW DRESSING, WALNUT & SEED CRUMB– 26 -

**SOUP OF THE WEEK/**– ASK OUR FRIENDLY STAFF ABOUT IT.

**TERMS EXPLANATION**

**PIPERADE:** CLASSIC FRENCH CAPSICUM RELISH.

**MOGRABIEH:** A LARGER TYPE OF COUSCOUS. ALSO KNOWN AS PEARL COUSCOUS.

**FURIKAKE:** DRY JAPANESE SEASONING

**SAUERKRAUT:** FERMENTED CABBAGE

**LP CHUTNEY:** TOMATO & TAMARIND CHUTNEY

**MILLET:** GLUTEN FREE ANCIENT GRAIN

**PERSIMMON:** SWEET, SLIGHTLY TANGY FRUIT.

**LABNA:** MIDDLE EASTERN 'YOGHURT'

**PANGRITATA:** HERB SPICED BREAD CRUMB

*Please note we are not a Gluten/Nut Free kitchen. We are unable to guarantee food will be totally free of allergens.*